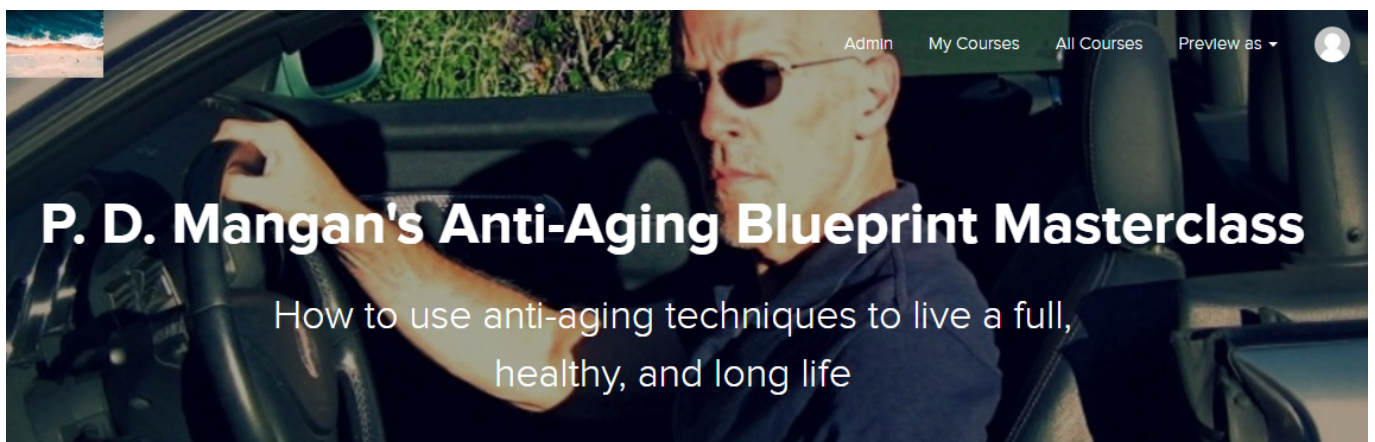


## [The Anti-Aging Blueprint](#)

**New: Use coupon code ROGUE for 30% off list price.**

I'm proud to announce the launch of my new course, [The Anti-Aging Blueprint Masterclass](#).



Are you worried about an older age filled with chronic disease?

If you follow mainstream health advice, your old age will not be a healthy one. Only 1% of the elderly have no chronic diseases.

You can see the results of conventional health advice all around you: an obesity epidemic and a massive increase in diabetes and other chronic disease. Most people take prescription drugs just to get through life.

Wouldn't you like to know the truth?

Mainstream health care has little to offer other than drugs, which paper over problems. Or risky procedures. Or nursing homes.

Most mainstream advice on aging is DEAD WRONG.

[Enroll Now](#)

My course will show you the real way to solve problems of aging and health.

If you're past the age of 30, aging is already catching up with you.

In the U.S., even people in early middle age suffer from the chronic illnesses of aging: obesity, diabetes, heart disease, depression, arthritis.

The current sickcare paradigm only treats you as a cog in the machine, to prescribe drugs to you and sell expensive services to, but it won't tell you how to live a long, healthy life.

Aging is a major risk factor for virtually all chronic diseases, such as cancer, diabetes, and heart disease.

Wouldn't it be great to avoid those? Wouldn't you like to be strong, healthy, and mentally sharp as you get older? Not frail, weak, debilitated, ill, and overweight.

This program will tell you how to do just that.

And since aging starts by age 30, it's never too early to put these principles into practice.

The course consists of 12 video lectures, each accompanied by slide presentations. I've made the slides available separately in PDFs.



**Paul McHale, MD**

@McHaleCapMgmt

Follow



Bought & watched @Mangan150 Anti-Aging Blueprint Masterclass this week.

Great mixture of topics. Well made/narration/slides/references.

Very accessible USEFUL info everyone should have & Health caregivers should teach. (HIIT & Cancer data worth price alone).

Congrats Dennis!

3:30 PM - 7 Sep 2018



**Kimberly Mello**

@KimberlyMello1

Following



Replying to @Mangan150

Completed! Excellent program P.D.!

Of course I will re-review often, found areas that I have to tweak to progress, & now have more info on subject matter that peaked my interest, for further research. 👍

12:30 PM - 6 Sep 2018

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In this course, you'll learn:

- what aging is
- the "Big 5 of Longer Life"
- why body composition can speed or slow aging
- how geroprotectors lead to longer life
- why healthspan is as important – or more so – than longevity
- the truth about the Blue Zones
- how acute stresses lead to longer life
- how food – both quantity and quality – affects aging
- whether ketosis is good or bad for aging
- and a lot more.

The science of aging can be difficult for the average person to understand, but I've made it all as simple and clear as possible.

More importantly, I've emphasized interventions and practices that you can use to slow aging.

Anti-aging is here now. You don't have to wait for Silicon Valley to come up with expensive, high-tech methods to slow or reverse aging.

Most of the anti-aging techniques I discuss are dirt cheap.

Click on the image below to get the course. Or click [here](#).



# P. D. Mangan's Anti-Aging Blueprint Masterclass

How to use anti-aging techniques to live a full,  
healthy, and long life

